

FY2015 CHNA&HIP Progress Report

Carroll County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Decrease the percentage of children 0-19 years of age that report poor mental health from 1-7 days by 5%.	Investigate starting a NAMI chapter in Carroll County	Contact has been made with the NAMI organization concerning the start up process. Members are researching eligible individuals to initiate the program. NAMI has not been implemented in Carroll County at this time, but with new members aware of the strategies, this will be re-investigated.
	Provide education and resources to the schools concerning mental and behavioral health. (new as of 2012)	The guidance counselors have been contacted in each of the schools to question whether the schools would be interested in a brief presentation on mental and behavioral health. The intention is to have the presentations over lunch so that the teachers are able to attend without requiring additional time out of their schedule. A speaker has not been able to speak at the schools at this time. A CISM (Critical Incident Stress Management) group has been formed in the County. There will now be 17 trained officials able to respond in a crisis situation.

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Increase the percentage of physicians who think the web based data base is useful in assessing how to find/provide mental health services for children.	Develop an online mental health referral database that shows what mental health services are available in Carroll County and the surrounding areas. This will list the specialties and services provided by each agency. It will also include a contact person for each agency so the physician or nurse will know who to talk to regarding services, appointments, and wait time. This referral database will be posted on the County website. It will be updated on a yearly basis.	A list has been compiled. The list is now being edited to include hyperlinks to the websites of practitioners. Once this is complete it will be placed on the county website and information provided to all local clinics, physicians, and schools.
	Inform providers in Carroll County where to access the database and how to use it to assist them in getting their patients the services they need in a timely matter.	The list is being completed and then information will be provided concerning how to access the database.

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GOAL	Strategies	Progress on Strategies
Decrease the overweight population in the following age categories by 5%: 20-49yrs, 50-69yrs, 70+yrs	Create a Healthy Behaviors Committee to promote increased physical activity in Carroll County residents.	A wellness coalition has been established in Carroll County. This coalitions first action of business was to promote Live Health Iowa to our community. The goal for following years is to encourage the local schools to participate in Live Healthy Iowa. Carroll has since been host to 2 Live Healthy Iowa 5K events in 2014 and 2015. The Wellness Coalition has been growing and recently was awarded a \$25,000.00 from the Wellmark Foundation grant to promote nutrition education via a mobile integrated cooking station that can be brought to Farmers Markets and school events. The Coalition will be using the "Cooking Matters" evidence based curriculum and plan to have local community dietitians teach the program.
	Create a network of Wellness Directors from businesses within the county to share resources	The wellness coalition has wellness directors from the hospital, and local businesses. The local Rec Center has also joined forces with the Coalition to provide free indoor walking accessibility.
	H.O.P.E.S. families will receive "Loving Your Family, Feeding Their Future" curriculum in three 45 minute lessons	This curriculum is currently being provided in the home. A new curriculum has been implemented by the H.O.P.E.S program named Growing Great Kids. It has only been in effect for the past 6 months.
	Compile a list of newsletters in the county where healthy behaviors could be promoted.	The coalition plans to promote activities in the surrounding communities that promote healthy behaviors, and provide that information on the wellness coalitions Facebook page. The coalition feels there are many activities that are already occurring that promotes healthy behaviors but have a lack of promotion county wide. The e-mail list serve has grown to over 70 members in the Carroll County Area.
	Work with ISU Extension to offer workshops on healthy eating twice per year	This is being done currently in conjuncture with a dietician out of Fort Dodge.

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	Develop walking clubs for citizens of all ages.	Live Healthy Iowa has been promoted in all the towns through the wellness coalition. Several walking events have been hosted throughout the county including a "Trot your Tot to a Trail". The most remarkable walking club has been established by the Wellness Coalition. The club is open to all and has locations throughout the county where people can meet.
	Promotion of the ISU Extension's "Spend Smart, Eat Smart" website.	This information is provided to all WIC participants.



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By 12/31/2014, there will be an identified community volunteer group established to provide chore services for the elderly and disabled with limited income in Carroll County.	Identify legal ramifications in establishing a volunteer group of chore workers	An attorney was consulted. A waiver process has been reviewed and approved.
	Identify how to establish a central location and how to triage work orders.	Volunteer enrollment was limited to school students only. An actual triage process has not been adopted at time. Each school chose their own volunteer project. Carroll Community Schools and Manning Schools have now adopted the volunteer student work day from the efforts of this program.
	Identify any kind of payment/donation for chores completed. Identify where these funds will be deposited and what they would be used for	No monetary payments or donations were exchanged throughout this process.
	Identify establishment of volunteer work group and their strengths in administering chores.	We worked with the local schools for volunteers and the local SAFE(Substance Abuse Free Event) coalition. Advertising for volunteers was done in the schools. Schools will continue to be encouraged to have a volunteer day (the number of schools that participated increased from 1 to 3). The chores provided were raking leaves and snow removal.
	Marketing of services	Volunteers will be advertised in the schools and in school event programs. The participants needing yard work done will be advertised in church bulletins, and at the local congregated meal sites.
	Establishment of record keeping	Volunteer enrollment and advertising are being discussed at this time and then record keeping of the waivers from both the volunteer and participants and additional documentation will be discussed at a later date.

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GOAL	Strategies	Progress on Strategies
To decrease underage drinking and decrease binge drinking activities.	Provide researched based curriculum in the schools.	Provided through New Opportunities to 4th and 7th grade students. Carroll Middle, Adams Elementary, Kuemper 4th grade, Coon Rapids-Bayard 7th grade.
	Hold 5 town hall meetings per school district to educate parents on the harm and risks of underage drinking/binge drinking	Town hall meetings have been held in previous program years. The parent/adult population is a difficult population to reach - we have been looking to other ways to engage this population, including more information in workplace trainings and the use of social media. These town hall meetings have included a panel including JCO, Law, Mental health, parents, health professionals, massage therapists, clergy etc. Some schools have chosen to have a student mediator and have held the town hall meeting during their schools conferences. A survey was completed at the school prior to the town hall meeting and asked the students anonymously on their alcohol use and concerns. These results were then presented at the town hall meeting. JADE is an additional educational program provided through New Opportunities that provides 6 hours of educations for MIPs (Minor in Possession). This class is required by schools or JCOs.
	Provide retail education to establishments that sell alcohol.	Education is provided to various license holders on a rotating basis (on/off premise).

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GOAL	Strategies	Progress on Strategies
Decrease the number of youth who try tobacco products	Provide youth tobacco advocacy groups to promote healthy behaviors in middle school and encourage high school students to be advocates of tobacco prevention in the community.	TATU(Teens Against Tobacco Use)/KINS (Kids Not Into Smoking) have been continuing in the schools and a new group Teen TIME has been developed - this group has had some social media presence. We have also had some county youth serve on the advisory/leadership group for I-STEP.
	Provide education presentation to all school districts on the harmful effect of tobacco products	The Life Skills curriculum is presented to all 4th 6/7th graders with an entire class dedicated to tobacco prevention. Additional information is provided to schools upon request.
	Provide a teacher in-service to all districts within the county to educate on the latest trends of tobacco use and products	A teacher in-service has been previously provided for a school, all other schools opted for flyers and information. We continue to work with schools/teachers in providing up to date information. Teacher in-service meetings are difficult to get into; our teacher/school relationships are strong and we are able to get this information through more informal means.

GOAL	Strategies	Progress on Strategies
Decrease the number of women of child bearing age using tobacco products.	Educate women on the dangers of secondhand smoke.	Classes are provided through NEST of Public Health to expectant mothers. WIC clinics educate all participants, including education pamphlets in each packet for participants. Smoking cessation is also provided for all participants through Quit Iowa. The Early Head Start program in Carroll County also provides educational materials to their families.

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GOAL	Strategies	Progress on Strategies
Decrease Carroll County's colon cancer rate of 50.0 to within the peer county range of 27.5-44.6.	Implement and continue the Iowa Get Screened Program in Carroll County	Program has been ongoing since January 2011. Promotional information on the radio and newspaper. An article was written for the local paper for colorectal cancer awareness month educated on the program and the difference between a FIT and a colonoscopy. In 2015, outreach events were held targeting the Latino community. Radio and newspaper ads were printed in Spanish. Screening numbers increased in 2015 from previous years. Due to lack of funding at the IDPH level, the Iowa Get Screened Program will no longer be available in Carroll County.